A rapidly growing population means ever-increasing demands for food, schools, health facilities, jobs and infrastructure, and rising pressure on the government to keep pace in providing these services at an equally fast pace.

**Current State of Sindh’s Population**

- **Average Annual Growth Rate**: 2.41% (1998-2017)
- **Estimated Population (2022)**: 52.9 million
- **Total Fertility Rate**: TFR 3.6
- **Maternal Deaths**: 3,000 maternal deaths occur annually
- **Infant Mortality Rate**: 60 infants die before reaching one year of age (per 1000 live births)
- **Malnutrition**: 17.7% unmet need for family planning
  - On average couples have 1 unintended child
  - Couples of child-bearing age who are not using contraception but want to
- **Estimated Population (2022)**: By 2050 it is estimated that the population of Sindh will be 85 million at the current rate of fertility decline!
- **Malnutrition**: 50% children under the age of 5 are stunted.
- **Infants Will Be Saved**: If contraceptive use rises from the current 31% to 49%
- **Maternal Deaths Will Be Saved**: If contraceptive use rises from the current 31% to 49%
- **Infant Mortality Rate Will Be Saved**: If contraceptive use rises from the current 31% to 49%

*The average number of children a woman has during her reproductive age*
What can Pakistan do to achieve sustainable population growth?

- **Promote public discourse** on population dynamics as a core element in economic and social development.
- All private sector providers and outlets of the health departments must provide family planning services to **improve access and information**.
- Sustain **political commitment** and increased **accountability** to ensure that the system is delivering and meeting the family planning needs of the constituents.